

Name: \_\_\_\_\_



No	Test	Passed									
1. Demonstrate the correct methods of walking and running, and of starting a race.											
2. Discuss the rules for the following: a) Sprint race. b) Middle distance and long distance. c) Relay races. d) Hurdles. e) Discus event. f) Shot-put. g) Javelin.											
3. Discuss correct diet and methods of training for athletes.											
4. Represent your club, Troop, or school at an athletic meeting.											
5. Gain the indicated points in five of the following groups of tests according to your age:											
Age Next birthday											
12 – 32 points		13 – 34 points		14 – 36 points		15 – 40 points		16 – 44 points		17 – 46 points	
<b>Note:</b> Tests may be taken over two or more days. A candidate may not undertake more than one test from a group.											
		Standard 6 points		First Class 8 points		Special 10 points					
		Male	Female	Male	Female	Male	Female				
GROUP 1	100 metre sprints	16.5 s	17.0 s	15.5 s	16.0 s	12 s	12.5 s				
GROUP 2	200 metre sprints	28 s	28.7 s	26 s	26.8 s	22 s	22.8 s				
GROUP 3	800 metres	2 m 38 s	2 m 58 s	2 m 28 s	2 m 58 s	2 m 15 s	2 m 34 s				
	1500 metres	5 m 55 s	6 m 15 s	5 m 15 s	5 m 35 s	4 m 50 s	5 m 05 s				
GROUP 4	Running high jump	1.15 m	1.05 m	1.35 m	1.25 m	1.55m	1.40 m				
	Running long jump	3.8 m	3.6 m	4.2 m	4.0 m	4.8m	4.5 m				
GROUP 5	Shot-put (5.4kg)	6 m	5.5 m	8 m	6.5 m	10 m	9 m				
	Discus (under 17 size)	28 m	27 m	30 m	29 m	32 m	31 m				
	Javelin (700gm)	35 m	34 m	38 m	37 m	45 m	44 m				
GROUP 6	100 metre hurdles (91 cm)	20 s	22 s	18 s	20 s	16 s	18 s				
GROUP 7	Road walk (5 km)	41 min	42 min	39 min	40 min	37 min	38 min				
GROUP 8	Cross country run (3 km) Standard points only. No time set. Candidate not to stop running. NB The cross country must take place over open country and not along streets.										

2009  
08/20v1

Badge Awarded

